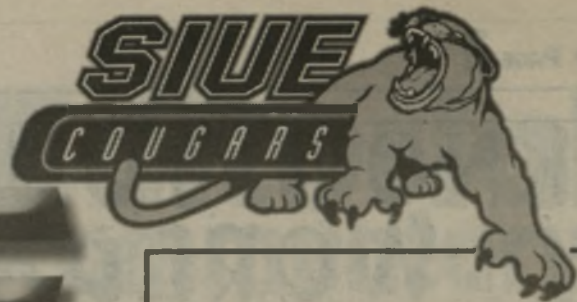


THE ALESTLE

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Look better by spring break. How to eat right. See Lifestyles

◆ TUESDAY, DECEMBER 2, 2003

SOUTHERN ILLINOIS UNIVERSITY EDWARDSVILLE

Vol. 56, No. 26 ◆

Tuition refunds to make change

BRUCE F. KLOSTERMANN
NEWS STRINGER

The Bursar's Office has published the revised set of guidelines for tuition and fee refund, effective at the beginning of the spring 2004 semester.

According to Associate

“Students will now have to make a quicker decision...”

~Barry Greenberg

Director for the Bursar's Office Barry Greenberg, the most significant change in the policies is the provision that students who withdraw from classes during the third or fourth week of the semester will now receive a 50 percent refund of tuition and fees, and students who withdraw after the end of the fourth week will receive no refund.

An administrative fee of 5 percent or \$100 will also be

assessed for partial refunds.

Full refunds of tuition fees will be given to students who withdraw during the first two weeks of the semester.

In the past, refunds were prorated throughout the semester, meaning students could receive refunds of varying amounts, even until the last few weeks of the semester.

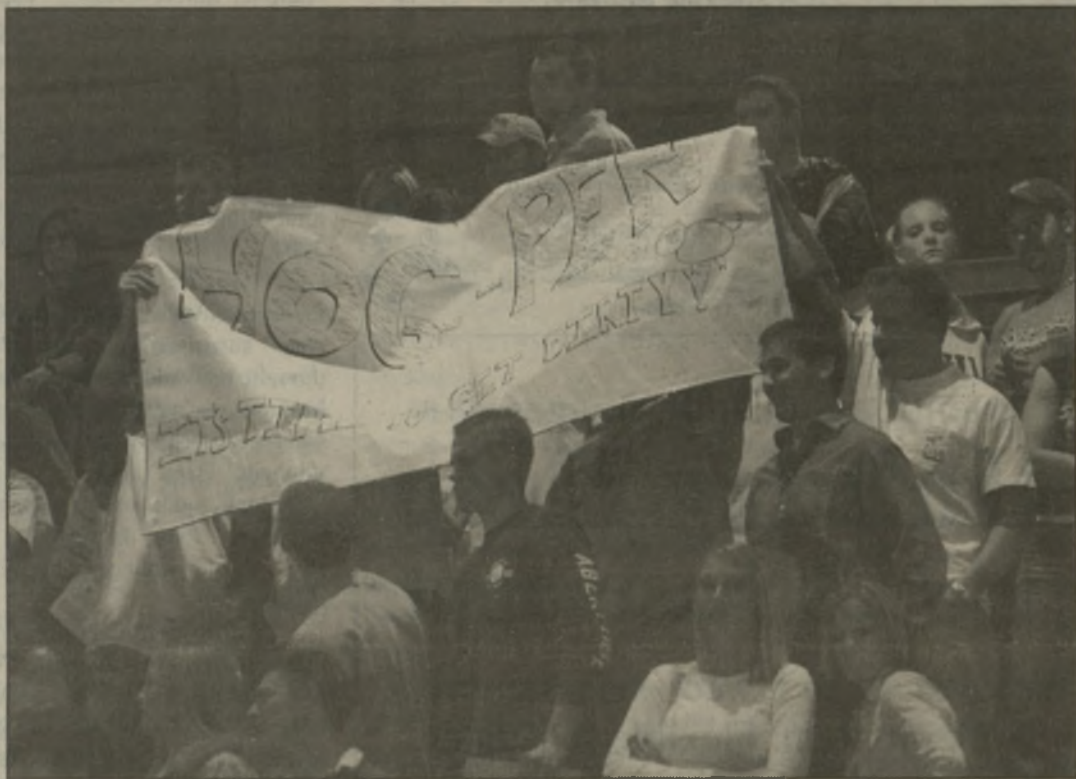
Greenberg said he feels the new policies will benefit students facing closed classes.

“Students will now have to make a quicker decision to stay in classes or withdraw,” Greenberg said. “And hopefully that will open up slots in closed classes for students that want to get in.”

The time frame for withdrawal is shorter for classes that last less than eight weeks, but Greenberg said the policies are now outlined more clearly.

The full revised list of the university's tuition and fee refund policies is available at www.registrar.siu.edu.

Fans get down and dirty cheering in the Hog Pen



KWAME ROSS/ALESTLE

Fans cheer on SIUE's men's basketball team during its game against Saint Joseph's University Pumas in the new Hog Pen. The Hog Pen was created for SIUE's hardcore sports fans who like to get loud and rowdy during the home games. The Cougars beat the Pumas with a final score of 77-64.

Kids get night out

KRISTEN REBER
NEWS REPORTER

Parents wanting to get some holiday shopping out of the way or just wanting to relax for a few hours can take advantage of Kids Night Out from 6 to 10 p.m. Friday in the Vadalabene Center.

Hosted by the Student-Athlete Advisory Committee, Kids Night Out will provide many activities for the visiting children.

“(There will be) basketball,

volleyball, movies and we are going to have some board games,” Academic Adviser for Intercollegiate Athletics Martie Staser said.

“(We are also going to have) some kind of tumbling in the gymnastics room.”

Members of SIUE's athletic teams will be present to entertain the kids.

“It's open to all children, kindergarten age and older,” Staser said.

The event will cost \$5 per child.

Another month begins with testing alarms

ALESTLE STAFF REPORT

The university will be conducting tests of the civil defense and fire alarm systems at 10 a.m. Tuesday.

The sirens will sound for approximately one to two minutes, and the fire alarms will

sound for 30 seconds to one minute.

As usual, no evacuation of the buildings will be necessary.

The university asks that anyone unable to hear either of the systems e-mail their name, building address and phone number to Facilities Management at fmserv@siue.edu.

Click-It-or-Ticket hits SIUE

MARISSA VICKERS
NEWS STRINGER

Driving is considered a freedom by some and a necessity by others. Your vehicle takes you to work, school, parties and movies, but it can also take you to the grave if you don't wear your seat belt.

Click-It-or-Ticket is a nationwide program that cracks down on motorists who aren't wearing their safety belts.

The “zero tolerance” campaign began just before Thanksgiving and will continue through Sunday.

Throughout the two weeks of Click-It-or-Ticket, SIUE police officers will be stationed at major intersections on campus deemed “Safety Belt Enforcement Zones” to ensure passing motorists are buckled up.

If an officer sees a motorist who is not fastened in, the officer will direct the driver to pull over, and the occupant will receive a \$75 citation. Motorists wearing their seat belts will simply be

waved on.

A law passed July 3 makes not wearing a seat belt a primary offense rather than a secondary one.

In other words, drivers can get pulled over for nothing more than not having their safety belt on.



In 2002, SIUE police officers issued 12 tickets for lack of a seat belt, and so far this year they have issued eight.

“Remember that until July of this year not wearing a seat belt was a secondary offense. We've just recently started the push,” SIUE police clerk Jill Beck said.

The new law also states

anyone in the front seats or children under the age of 18 must be belted in; however, anyone over the age of 18 or persons in the back seat have the option of wearing their seat belt.

Last March a woman was killed on campus after she struck a deer. The impact forced her car to roll over, at which point she was ejected out of the sunroof.

“I can't tell you if she would have lived or not, but I can tell you she wasn't buckled in,” SIUE Capt. Gina Hays said.

Statistics show motorists are 25 times more likely to be killed or seriously injured when they are thrown out of the car than when they remain inside the vehicle.

According to Missouri's Woman Council, 31 percent of the state's total motor vehicle crashes involved a young driver, and of the total child motor vehicle fatalities in 2000, 49 percent of them involved teenagers.

In Illinois, according to the

see *TICKET*, page 2

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GOSHEN LOUNGE

Campus to get new organizations

BRUCE KLOSTERMANN
NEWS STRINGER

Student events and organizations were the focus of the Student Senate meeting Friday, Nov. 21, as the meeting's usual guest speaker spot was vacant.

The senate approved the International Student Council's program request for its annual International Night. The event will be Saturday, Feb. 7, in the Meridian Ballroom of the Morris

University Center.

Admission to the event is \$10 for students, \$12 for faculty and staff and \$14 for the public.

Constitutions were approved for four new student organizations: The Latter-Day Saint Student Organization, the Southern Star Dancers, the SIUE Flying Cougars sky diving club and Tau Alpha Chi, a scholastic and tax fraternity that will operate in the School of Business.

In response to concerns from students and fellow senators, Sen. Adam Summers reported that the older computers in the residence halls and the Cougar Village Commons will soon be replaced.

The computers are on a lease program and are beginning to malfunction due to age.

Summers said new machines will be brought in, and the old machines will be refurbished and stripped down for word processing use only.

TICKET

from page 1

National Safety Council, young drivers are substantially more involved in traffic deaths than the national average of 14 percent. Illinois teen drivers account for about 7.3 percent of all motorists, yet they were 24 percent of total Illinois highway deaths in 2001.

"Statistics show that most fatalities involve young adults. I was surprised. I would've thought it would be older adults because we weren't required to wear seat belts when we were younger," Beck said.

Beck went on to say the police are doing this in order to stress the importance of wearing a safety belt.

"We're not trying to see how many tickets we can write. We don't get any kickbacks from the tickets. The money goes straight to the state, and we don't see it

again," Beck said.

Putting on your seat belt takes a matter of seconds, and those seconds can save your life.

"This can happen to anyone," Beck said.

Here are seat belt and safety facts from the National Highway Transportation Safety Administration, James Madison University and the U.S. Department of Transportation:

- If you crash or slam on your brakes, your car comes to a sudden stop. But you will keep moving until you, too, are stopped — by the windshield, dashboard or pavement.

- Wearing a seat belt stops your body from being thrown around inside or outside the car. A seat belt decreases the chances you'll get hurt by firmly keeping you in place.

- Someone is killed in a

crash every 13 minutes. Seat belts save more than 11,000 lives each year.

- In 2001, 5,341 teens, who were passengers in vehicles, were killed. Of those, two-thirds weren't wearing their seat belts.

- In the same year, 3,608 drivers between 15 and 20 years old, who weren't wearing their seat belts, were killed.

- Safety belt usage saves an estimated \$50 billion annually in medical care, lost productivity and other injury-related costs.

- More than 90 percent of all motorists believe seat belts are a good idea, yet less than 14 percent actually use them.

- For every 1 percent increase in seat belt use, 172 lives and approximately \$100 million in annual injury and death costs could be saved.

Police Incidents

Traffic

11-19-03

Police issued a citation to Amanda M. McIlravy for a stop sign violation on Cougar Lake Drive.

11-20-03

Police issued a citation to Matthew S. Quinn for parking in a fire lane in Lot 5D.

Police issued a citation to Cody A. Langenstein for a stop sign violation on South University Drive.

Police issued a citation to Joy M. Wooldridge for speeding on South University Drive.

Police issued a citation to Brent M. Miller for a stop sign violation on Cougar Lake Drive.

Police issued citations to Diseree M. McDaniel for a stop sign violation and disobeying a traffic control device on Cougar Lake Road.

11-21-03

Police issued a citation to Bradley C. Carrico for a stop sign violation on South Circle Drive.

11-22-03

Police arrested Mihia L. Henderson for an outstanding warrant of failing to appear on a charge of driving on the sidewalk. Henderson was processed and released on her own recognizance.

Police issued citations to Thomas H. Buske for driving under the influence, improper display of a license plate, unlawful possession of another person's driver's license and possession of drug paraphernalia. Buske was arrested,

processed, posted \$100 bond and surrendered his driver's license, issued a notice to appear and released.

Police issued citations to Charles P. Ducey for driving under the influence, illegal transportation of alcohol and improper lane usage. Ducey was arrested, processed and transported to Madison County Jail.

11-24-03

Police issued a citation to Alexandra D. Welch for parking unlawfully in Lot 5I.

11-25-03

Police issued a citation to Jon R. Pike for a stop sign violation on Circle Drive.

Alcohol/Drug Offenses

11-21-03

Police arrested Ryan E. Austin for possession of drug paraphernalia and Daniel J. Ceurvorst for possession of drug paraphernalia and possession of cannabis. Austin and Ceurvorst were processed, issued notices to appear and released.

Police arrested Nicholas S. Osterbur, Thomas R. Creamer and Eric M. Darr for illegal consumption of alcohol by a minor. Osterbur, Creamer and Darr were processed, issued notices to appear and released.

11-22-03

Police arrested Daniel R. Loucks for illegal consumption of alcohol by a minor. Loucks was processed and taken to Madison County Jail. Loucks was issued a citation for parking in a handicap zone.

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We reserve the right to edit letters for grammar and content. However, great care will be taken to ensure that the message of the letter is not lost or altered.

Letters to the editor will not be printed anonymously except under extreme circumstances.

The Alestle is a member of the Illinois College Press Association, the Associated Collegiate Press and U-WIRE.

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Have a comment?
Let us know!
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The Alestle
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Opinions & Editorial viewpoints & commentary

◆ TUESDAY, DECEMBER 2, 2003

A l e s t l e

PAGE 3◆

Paying a high price for a good laugh

I like a good laugh just as much as the next person.

Although the slapstick humor of the Three Stooges has never been my forte, I have been known to laugh to the point of tears while watching John Lithgow on "3rd Rock from the Sun."

I also like a bit of sarcasm in my comedies. Those are the types I find the funniest. Who can resist a wry smile and a punchy line delivered with just the right timing?

However, I'm finding it more and more difficult to find comedy that is actually funny without being offensive. I'm not talking about the kind of offense that simply makes a head shake in disbelief of the material's poor taste. I'm talking about offenses that have shock jock value – or worse.

These comedies make fun of sensitive ideas and values to get a laugh. I've seen it on "South Park" when the show poked fun at Jennifer Lopez with stereotypical racial remarks that would send chills up the spine of any Hispanic:

I've seen stand-up comedians who berate groups of people because of their race, gender, sexual orientation, geographical location, financial status and intellectual capacity – all of which are qualities that define each of us as an individual.

I've even seen this rude and unseemly behavior on kids' cartoons. "Johnny Bravo" can make U.S. Supreme Court Justice Clarence Thomas look like a choirboy.

A recent St. Louis Post-Dispatch article explored the unruly condition of today's classroom due to a lack of respect from the students.

We don't have to look far to find the mentor of the hard-to-handle attitude and crude language. It's the good old "boob tube," as my mom use to call it.

The shock value of today's entertainment world has definitely moved into every venue of comedy. I don't usually care about this type of stuff. Hey, if someone wants to eat scorpions on some reality show just to be on television, then what business is it of mine?

However, I recently saw something that made my skin curl and my heart drop right to the floor. It was a commercial on Comedy Central with a boy in a wheelchair next to a man who asked, "Are pathetic, disgusting-looking sick people ruining your favorite telethon?"

The man then gave the wheelchair a good shove and said, "Not any more," as the boy went crashing off camera. Without missing a beat, the man nonchalantly continued with the purpose of the commercial.

Although I saw the commercial twice in an hour while watching a show with a friend, I never did discover the point of the commercial. I was so deeply offended by this horrid act that my mind just couldn't move on.

Even though I knew it wasn't real, all I could think about was jumping into the screen to help the boy. See, in my head, that boy was my own brother.

I had a brother who was a wheelchair-user due to Muscular Dystrophy from the age of 5 until he died at 15 from the disease. He was five years older than me, so I had never known him without a wheelchair.

My entire childhood was spent helping my single mother take care of my brother. He couldn't dress himself, go to the bathroom by himself or play with the neighborhood kids when we gathered in the alley to play kickball.

The disease eventually took all of his mobility, and toward the end of his life, he couldn't even feed himself. He couldn't even turn over in bed if he wanted.

So when I saw that commercial, my natural reaction was that of compassion. I needed to help the boy. Then reality hit and I was furious. This time they had gone too far. This was not the least bit funny. In fact, it was nothing but putrid manure in my eyes.

What does this type of behavior say about our society? When did we decide it was comical to make fun of someone with a disability? Are we really so starved for entertainment that we stoop to deriding the disabled just to get a laugh?

We like to think ourselves so enlightened and so intellectually



progressive, but this trend in shock entertainment shows we are no more evolved than any other animal on earth - perhaps even less so.

In a society where capitalism rules and money speaks loudly, the ratings of any show are what drive these acts of inhumane behavior. In other words, barbarism and cruelty equals money in the pocket. We have been reduced to animal-like savagery so some corporate media executive can buy a new private jet.

I'm not suggesting we become puritanical, but can't we at least be decent? Can't we at least show some form of human goodwill and morality?

Can't we demonstrate at least some of the qualities that separate us from the rest of the animal world, like the capacity to reason and show compassion?

Maybe as a society it's time to dig deep and find a conscience again. Maybe it's time to start putting the feelings of people before money. Maybe it's time to stop gobbling up everything we are fed by the media and start thinking for ourselves again.

In other words, maybe it's just time to be human again.

Stella Ramsaroop
Columnist

Quote of the Day

"The most wasted day of all is that during which we have not laughed."

~Sebastian R. N. Chamfort

Alestle Poll Question

Do you diet during the holiday season?

- Yes.
- No, I wait until the holidays are over and make it my New Year's resolution.
- No, I never diet.

Are you ready for the holidays?

- I was born ready. – 52%
- Heck yeah, anything to get out of school. – 30%
- No, they are coming too fast. – 15%
- No, there is still too much holiday shopping to do. – 3%

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Lifestyles

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Don't let your weight get super-sized

CALLIE STILWELL
LIFESTYLES REPORTER

Being conscientious about eating healthy can be hard in these times of "super-sizing" meals and eating on the go.

Registered and licensed dietitian Lorraine Huntley said many bottled drinks have more than two servings in them, but people looking at the calorie content do not always realize how much they are drinking.

A bottle of Dole strawberry-kiwi juice contains two eight-fluid-ounce servings at 130 calories each. Pepsi, Mountain Dew and Fruit Works contain two and a half servings, each containing around 100 calories per serving.

For people trying to keep their caloric intake in check, the

plumper servings make it harder to keep track.

Reading the nutritional label can tell a lot about a food's nutritional value; however, Huntley said looking at the percentages are only helpful for people on a 2,000-calorie diet.

Huntley stressed the importance of balance in food choices. Depending on "where you are in your day" or what was for breakfast, Huntley said a less healthy choice at another meal could be fine.

"One meal does not make or break. Look at the whole picture," Huntley said.

However, since some students eat daily meals on campus, an effort to understand the nutritional value of their foods can help them have a healthier lifestyle.

Again, portion sizes come into play. Huntley said to look at "how much is going on the plate."

A serving of pasta is one-half cup. Huntley said a healthy choice for sauce is a red one, over the white sauces that have a higher saturated fat content.

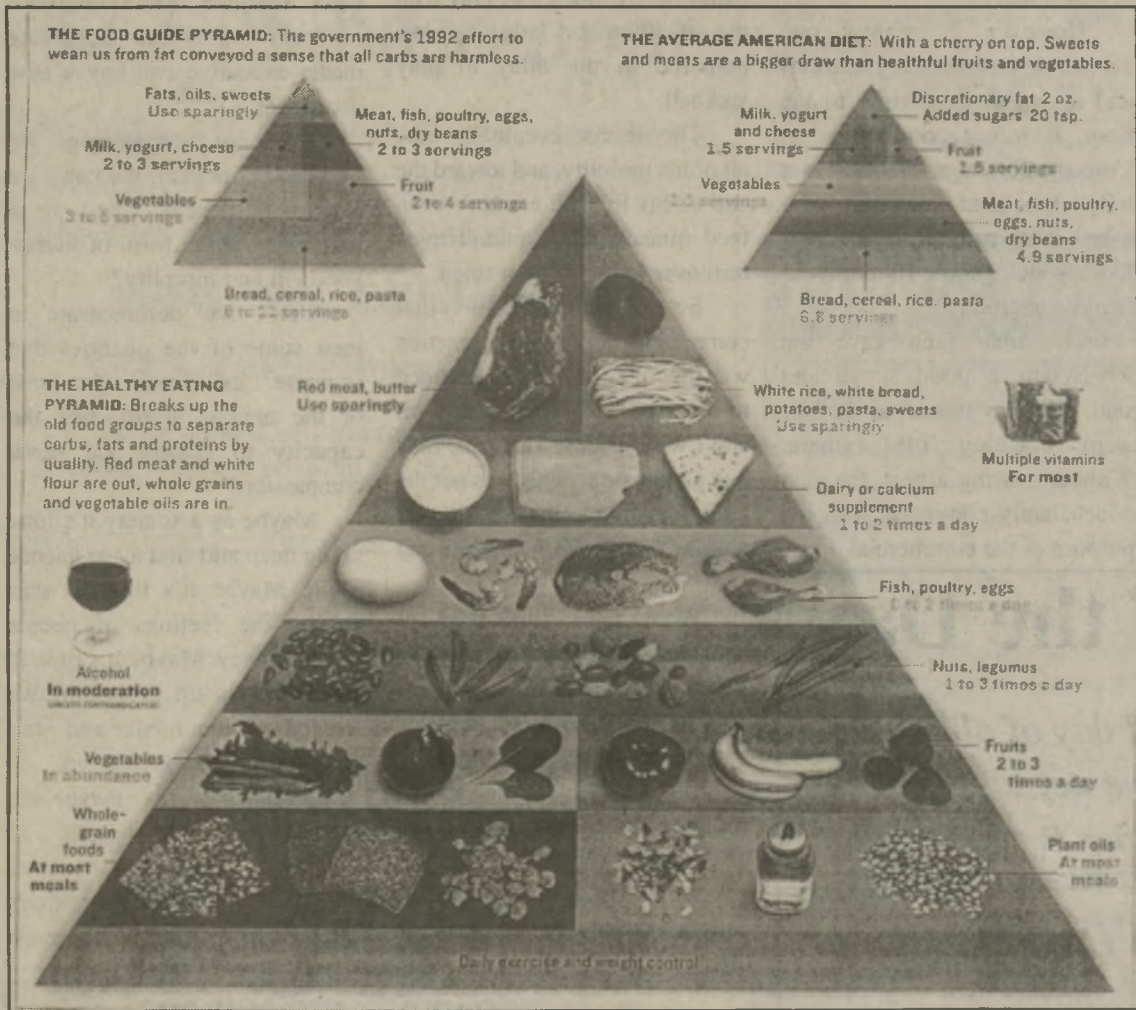
According to the U.S. Department of Agriculture, increased levels of saturated fats and cholesterol are linked to increased blood-cholesterol levels and a higher risk for heart disease.

The USDA suggests saturated fats should make up no more than 10 percent of overall calories for the day.

Meats, milk and milk products are main sources of saturated fats, containing more

see WEIGHT, page 5

Redesigning the American diet



CALLIE STILWELL
LIFESTYLES REPORTER

As the number of overweight Americans continues to increase, the U.S. Department of Agriculture is looking at changing the Food Guide Pyramid while urging people to think more about a healthy diet and exercise.

Between 1999 and 2000, the National Center for Health Statistics reported 64 percent of U.S. adults are overweight or obese.

According to the USDA's Web site, the update is needed to keep up with new nutritional standards and to make the pyramid more user-friendly.

The first pyramid was released in 1992 as a tool to help Americans understand the U.S. Dietary Guidelines for Americans.

The Dietary Guidelines are used as a guide for federal nutrition policy.

The USDA and the U.S. Department of Health and Human Services gathers

information for the guidelines, which are updated every five years and were last released in 2000.

The USDA will re-assess the pyramid in three steps: gather information through research, professional and public input and consumer research; update the intake patterns to meet current nutritional standards; and develop new graphic and educational materials that are easier to understand.

A release date is set for early 2005.

What's really in fast food?

	Calories	Total fat (g)	Sodium (mg)	Sugars (g)
WWW.PIZZAHUT.COM				
Pizza Hut				
Breadsticks (each)	150	6	220	4
Breadstick Dipping Sauce	50	0	370	6
Cinnamon Sticks (2 pieces)	170	5	170	10
6" Personal Pan Cheese	160	7	310	4
6" Personal Pan Pepperoni	170	8	340	4
6" Personal Pan Ham	150	6	330	4
6" Personal Pan Supreme	190	9	420	4
6" Personal Pan Veggie	150	6	280	4
WWW.CHICK-FIL-A.COM				
Chick-Fil-A				
Nuggets (8 pack)	260	12	1090	3
Chicken Sandwich	410	16	300	5
Chargrilled Chicken Sandwich	280	7	980	5
Waffle Potato Fries	280	14	105	0
WWW.AUNTIEANNES.COM				
Auntie Anne's				
Original Pretzel	370	4	930	10
Almond Pretzel	400	8	400	15
Almond Pretzel no butter	350	1.5	390	15
Cinnamon Sugar Pretzel	450	9	430	26
Jalapeno Pretzel	310	4.5	940	9
Whole Wheat Pretzel	370	1.5	1120	10
WWW.STARBUCKS.COM				
Starbucks				
Mocha Malt Frappuccino	570	20	400	68
Tazo Iced Tea	80	0	0	19
Iced Caffe Latte	160	8	120	11
Espresso Frappuccino	230	3	220	38
Blended Coffee				

Quick tips for eating healthy

1. Look for protein. Turkey, chicken, lean ham, sliced cheese or cottage cheese help curb your appetite.
2. Take an egg. Eggs are full of protein and can be hard-boiled, scrambled or baked. Egg sandwiches are the No. 1 breakfast seller in America and are easy to prepare at home with cheese, vegetables or lean meats.
3. Prepare a protein shake. Shakes can be made with protein powder, milk, fresh fruit and a tablespoon of peanut butter. Store in a thermos or cup with a sealed top.
4. Make a salad to go. Combine greens and cut vegetables in a plastic cup with a lid. Choose a low-fat dressing for a healthy lunch.
5. Pack super snacks. Fill a bag with popcorn tossed with Parmesan cheese.

COUTESY OF PARADE MAGAZINE

WEIGHT

from page 4

than twice the amount of calories compared to carbohydrates and proteins.

According to the USDA, monounsaturated and polyunsaturated fats can reduce blood-cholesterol levels.

Huntley suggests looking for foods cooked in olive and canola oils, as well as peanut or sesame. Fish is also a source of polyunsaturated fat.

For people who eat a lot of fast food, watching sodium intake can lessen the risk of high blood pressure.

Huntley said processed foods are high in sodium.

"Anything you're not in control of baking" usually has high sodium, she said.

The American Heart Association recommends less than 2,400 milligrams of sodium per day.

On the Pizza Hut Web site, the nutritional information lists one-fourth of a pepperoni personal pan pizza as having 340 milligrams of sodium, making an entire personal pan pizza contain more than half of a day's worth of sodium.

Chick-Fil-A is also packed with sodium, 1,290 milligrams for a chicken sandwich and 1,090 milligrams for eight nuggets.

Huntley said there is a significant amount of sodium in the Auntie Anne's original pretzel with 930 milligrams. A lower

sodium choice is the almond pretzel without butter at 390 milligrams.

Huntley said the entrée area in Center Court offers portions that can help someone keep track of portion sizes and caloric intake. However, healthy options at the salad bar can turn into an unhealthy lunch depending on what is put on it. Huntley said piling items like potato salad, egg, cheese and ham can make a salad less healthy.

Sometimes calories are hidden in foods not expected to be high in calories.

According to the Starbucks Web site, the 16-ounce mocha malt frappuccino blended contains 570 calories and the caramel mocha whip contains 470.


A better choice of drink from Starbucks would be the 16-ounce tazo iced tea with 80 calories, the iced caffe latte with 160 or the espresso frappuccino blended coffee with 230.

Other dietary guidelines include choosing a diet moderate in sugars and eating plenty of grains, vegetables and fruits, which provide fiber, vitamins and minerals that lower the risk for chronic diseases and certain cancers.

Eating healthy is only one part of the program for losing pounds. The other key to the U.S. Dietary Guidelines for America is physical activity.

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WHERE: MERIDIAN BALLROOM - MUC

WHAT TIME: 7:06 P.M.



Watch students sing your favorite songs with a live band and background singers.

Almost \$1,000.00 in prize money will be awarded.

Sports Quote of the Day

"He's the kind of guy who would throw a beer party and then lock the bathroom door on you."

~George Raveling on Bobby Knight

Coming Up

Men's basketball, 7:30 p.m.
Thursday vs. Bellarmine at home



◆ Page 6

A l e s t l e

Tuesday, December 2, 2003 ◆

Women's basketball goes 2-1 during break

AJIT OZA
NEWS REPORTER

SIUE's women's basketball team went 2-1 during Thanksgiving break.

The team was able to pick up wins against Southeastern Oklahoma State University and St. Joseph's College. The Cougars lone loss came against West Texas A&M University.

The Cougars played their first two games in the Candlewood Suites Classic in Emporia, Kan.

In the first game against West Texas A&M, Texas was able to use the 29 bench points to

earn a 84-70 win against the Cougars.

At several points in the first half, the Cougars got within two points of Texas but were never able to take the lead. Texas went into halftime with a 46-39 advantage.

The closest the Cougars got in the second half to lead the game was 46-45 when senior guard Sarah Schweers hit a three-pointer. The Cougars were ahead in scoring by Schweers, who was 5-11 on field goals and 3-7 for three-pointers for 17 points total. Sophomore center Tanya Guell lead the way with 10 rebounds for the game.

In the second game of the Candlewood Classic, the Cougars faced Southeastern Oklahoma. The Cougars were able to pick up the win with help from the bench, who contributed 15 points.

Freshman forward Julianne McMillen scored 12 of the 15 points.

The Cougars took a 31-26 advantage into the start of the second half. Southeastern Oklahoma was able to put on the pressure and get within three points with 15 minutes remaining in the second half.

But the Cougars were able to get a few key stops by Guell and

win the game 67-62. Schweers and Guell continued to supply the Cougars with offensive output, scoring 15 and 17 points respectively.

With going 1-1 in the Classic, the Cougars opened the Great Lakes Valley Conference against the Pumas of St. Joseph's University.

The Cougars used a strong first half, in which the team shot a 53 percent from the field and 57 percent from behind the three-point arc.

The Cougars outscored the Pumas 39-30 in the first half and had strong performances from Guell and Schweers for the third

game in a row. Sophomore guard Amber Wisdom contributed 16 points and five assists.

In the second half, the Pumas tried to out-perform the Cougars but were only able to score the same amount of points as the Cougars, with 41.

Able to withstand the offensive output by the Pumas, the Cougars were able to record the 80-71 win.

The Cougars will take an overall record of 3-1 and 1-0 in the GLVC into the game against defending GLVC champion the University of Indianapolis Monday night in Indianapolis.

Men's basketball works game by game

TRAVIS L. ROSS
ASSISTANT SPORTS EDITOR

The men's basketball team continues to work out the kinks before working further into the Great Lakes Valley Conference schedule, falling to St. Mary's and Murray State before beating Saint Joseph's.

The Cougars fell to St. Mary's 74-61 and Murray State 81-56 before taking out the Saint Joseph's University Puma's 77-64.

Senior Guard Ron Jones was a hefty contributor in the three-

game stretch, chipping in a combined 38 points in the three games.

Junior guard Tyler Hackstadt almost put up 30 points alone in the game against the Puma's. Hackstadt pumped in 28 points and was five for seven in three-pointers. The Cougars' biggest troubles lately have been on the boards, where they have been outrebounded 159-147 this season.

In the last three games the Cougars have been outrebounded by nearly ten rebounds per game

in their last three outings. That's a number that head coach Marty Simmons had hoped the team would improve on this season.

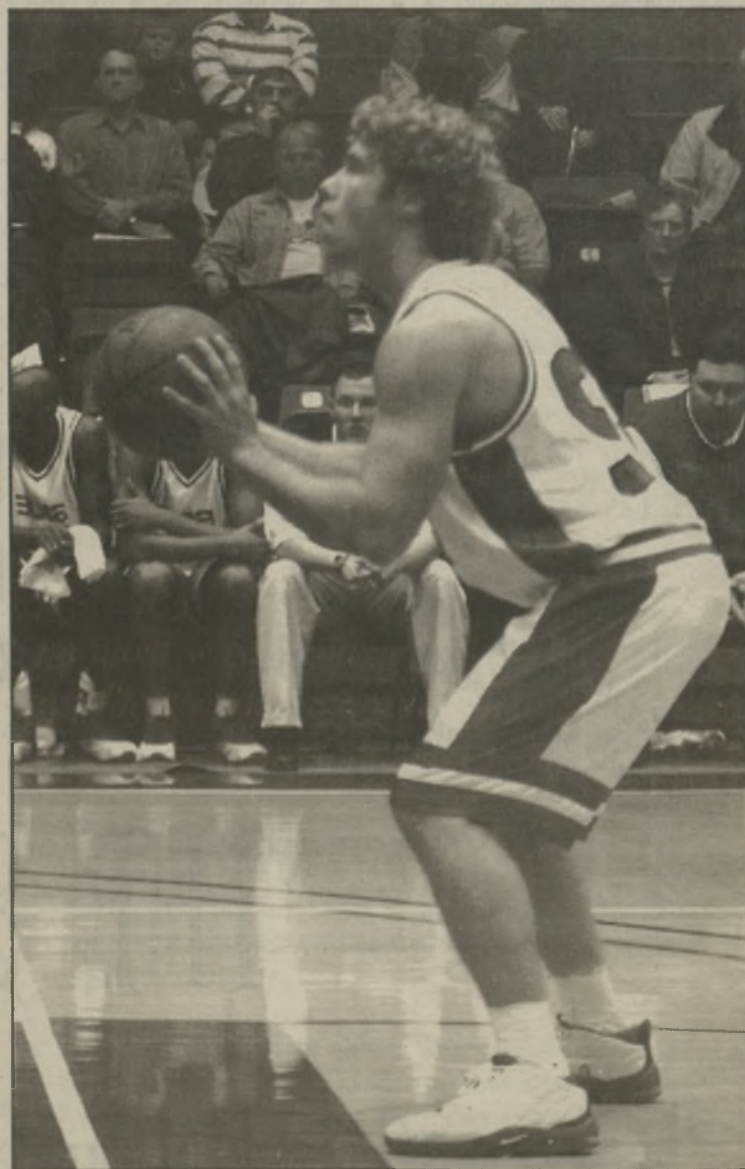
The Cougars had a dismal showing in the shot department against St. Mary's. The Cougars went 19 for 39 from field goal range and six of 18 from beyond the arc.

The Cougars next contest will be against the Knights of Bellarmine University at 7:30 p.m. Thursday, Dec. 4 at the Vadalabene Center.



AUBREY WILLIAMS/ALESTLE

Cheerleaders and the pep band do their parts to encourage the Cougars and Cougar fans in the Vadalabene Center. Cougar basketball games consistently draw the biggest crowds of any sporting event on campus. The Red Zone is often packed with die-hard fans.



KWAME ROSS/ALESTLE

Junior guard Tyler Hackstadt, No. 42, takes aim from the free-throw line in a game during the Thanksgiving break.

Hackstadt was a high scorer, shooting 30 points by himself in the game against the Saint Joseph's University Puma's. Hackstadt had 28 points and made five out of seven three-point shots. The Cougars' biggest troubles lately have been on the boards, where they have been outrebounded 159-147 this season.

Wrestling team gives tough competition to opponents during Thanksgiving break

TRAVIS L. ROSS
ASSISTANT SPORTS EDITOR

The wrestling team had its plate full during Thanksgiving break, wrestling at the University of Missouri Open and a three-way match at Indiana University.

The Cougars went 14-15 at the University of Missouri Open. Freshman 149-pounder Joe Rujawitz won the championship in his division, going 5-0.

Freshman 125-pounder Steve Chico went 4-2 to earn a fifth-place finish, and senior 197-pounder Sean Tyus earned fifth place with a 3-2 record.

In the three-way match at Indiana University with Manchester College, the Cougars fell to the Hoosiers 36-9 and slipped by Manchester 19-16.

"Both matches we wrestled

hard despite a big loss to Indiana," head coach Booker Benford said.

"I liked the way the guys wrestled and felt they really stayed after their opponents."

Benford said Rujawitz, who only lost one contest between the two meets, is going to be a force to deal with for a lot of schools in the National Collegiate Athletics Association Division II.

"Rujawitz is tough," Benford said. "He has been a fierce wrestler in the area for a lot of years. At the high school level he pretty much dominated in this area."

And, Benford said when the NCAA Division II Tournament rolls around, he has no doubt that Rujawitz will make his presence felt.

"In his weight class, of the

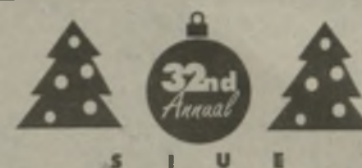
eight places in the national tournament, six of the top eight are in our regional," Benford said. "Getting out of our regional will be tough, but he can do it."

According to Benford, some wrestlers have really started to get back into shape since the season got underway, and he said some wrestlers are getting off the injured list.

He said one of the biggest guys the team has back is 141-pound sophomore Alec Lininger.

"Having Alec back has been good for us," Benford said. "He picked up a big win against Manchester and really gave us a boost."

The Cougars will pack their bags and head to MacMurray College for a contest with the Highlanders at 5 p.m. Thursday in Jacksonville.



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Wednesday & Thursday

December 3rd & 4th

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30% Off Pants and Shorts

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Dec.15 - 19 30% Off Christmas Cards, Ornaments, Christmas Gift Items, and Christmas Gift Wrap

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Classified & Personals

◆ PAGE 8

A l e s t l e

TUESDAY, DECEMBER 2, 2003 ◆

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Female roommate wanted. \$270/month plus utilities. Townhouse 10 min from SIUE. Available January 1st. Contact 618-444-4656. 12/11/03

Wanted female roommate. 3BDR houses in Edwardsville, 7 min. from SIUE. \$275 a month. Call 618-420-0910. 1/15/04

PERSONALS

Making Waves Yard Sale Sat. Oct. 25th. 624 East Lorena Ave. Wood River IL. 7am-4pm. For more info contact Katie at krich84@charter.net 2/23/04

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- contracts
- family matters
- small claims
- administrative agency matters

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Program Limitations

It is not within the authority of the Student Legal Services Program attorney to provide assistance to students in the following matters:

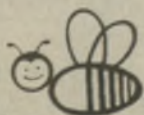
- Suits against the Board of Trustees of Southern Illinois University, Southern Illinois University Edwardsville, the Student Government of SIUE, or any of their parts or officials when functioning, in their official capacity.
- Matters prohibited by the Code of Professional Responsibility.
- Drafting of wills or estates in excess of \$50,000.
- Tax matters and estate planning.
- Incorporation of groups for private profit.
- Criminal matters.
- Cases involving excessive time and resource commitment.
- Matters involving student academic, student affairs, or faculty grievance cases.
- Matters involving one eligible student against another.

Appointments

Appointments are required; however, if you need immediate consultation, you will be assisted as promptly as possible. No legal advice can be given over the telephone. To make an appointment, contact:

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